

August 2011 Urbana Senior Center Meal Menu

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www.FrederickCountyMD.gov/doa

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice, coffee, and tea, and bread are available each day. Menus are subject to change.</p>				
1 Four Bean Soup Rosemary Chicken Linguini Steamed Kale Ambrosia	2 Caesar Salad Rigatoni with Mushroom Capri Blend Vegetables Pears	3 Rocky Ridge Picnic Center is Closed	4 Tossed Salad Florentine Chicken Baked Beans Zucchini Diced Fresh Fruit	5 Center is Closed
8 Turkey Vegetable Soup Cuban Pork Roast Steamed Rice Lima Beans Diced Fresh Fruit	9 Mixed Salad Greens Lasagna Vegetable Cauliflower Pear Halves	10 Roast Turkey Mashed Sweet Potatoes Sauerkraut Mélange of Vegetables Mandarin Oranges	11 Carrot Raisin Salad Fish du Jour Au Gratin Potatoes Yellow Squash Sliced Peaches	12 Center is Closed
15 Tomato Cucumber Salad BBQ Chicken on Roll Five Cheese Macaroni Roasted Zucchini Mandarin Oranges	16 Turkey Chili Cornbread Peas Carrots Applesauce	17 Brunch: Omelet Bar Omelets made to order Other Brunch Items	18 Spinach Salad Hawaiian Glazed Ham Roasted Sweet Potatoes Green Beans Applesauce	19 Center is Closed
22 Mixed Salad Greens Beef Stew Roasted Squash Peaches with Cranberries	23 Country Fried Steak Mashed Potatoes Sage Stuffing Southern Green Beans Mandarin Oranges	24 Spinach Salad BBQ Ribs Baked Sweet Potatoes Lima Beans with Tomatoes Diced Fresh Fruit	25 Chicken Pasta Casserole Peas Stewed Tomatoes Peaches	26 Center is Closed
29 Cucumber Salad BBQ Pork on Roll Baked Beans Braised Cabbage Peach Slices	30 Spaghetti with Meat Sauce Garlic Bread Steamed Asparagus Beets Fruit Cocktail	31 Vegetable Tomato Soup Mushroom Quiche Carrots Pineapple Chunks	Sept. 1 Pickled Beet Salad Lemon Dill Cod Cakes Red Beans and Rice Mixed Vegetables Diced Fresh Fruit	Sept. 2 Center is Closed